

USDA National Nutrient Database for Standard Reference Release 28

Basic Report 03066, Babyfood, dinner, vegetables and lamb, strained

Report Date: October 26, 2015 06:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 256g	1 tbsp 16g	1 oz 28.35g	1 jar 113g	1 jar Beech-Nut Stage 2 (4 oz) 113g	1 jar Heinz Strained-2 (4 oz) 113g
Proximates								
Water	g	88.60	226.82	14.18	25.12	100.12	100.12	100.12
Energy	kcal	52	133	8	15	59	59	59
Protein	g	2.00	5.12	0.32	0.57	2.26	2.26	2.26
Total lipid (fat)	g	2.00	5.12	0.32	0.57	2.26	2.26	2.26
Carbohydrate, by difference	g	6.90	17.66	1.10	1.96	7.80	7.80	7.80
Fiber, total dietary	g	1.1	2.8	0.2	0.3	1.2	1.2	1.2
Sugars, total	g	0.94	2.41	0.15	0.27	1.06	1.06	1.06
Minerals								
Calcium, Ca	mg	12	31	2	3	14	14	14
Iron, Fe	mg	0.35	0.90	0.06	0.10	0.40	0.40	0.40
Magnesium, Mg	mg	7	18	1	2	8	8	8
Phosphorus, P	mg	49	125	8	14	55	55	55
Potassium, K	mg	94	241	15	27	106	106	106
Sodium, Na	mg	20	51	3	6	23	23	23
Zinc, Zn	mg	0.22	0.56	0.04	0.06	0.25	0.25	0.25
Vitamins								
Vitamin C, total ascorbic acid	mg	1.2	3.1	0.2	0.3	1.4	1.4	1.4
Thiamin	mg	0.018	0.046	0.003	0.005	0.020	0.020	0.020
Riboflavin	mg	0.034	0.087	0.005	0.010	0.038	0.038	0.038
Niacin	mg	0.529	1.354	0.085	0.150	0.598	0.598	0.598
Vitamin B-6	mg	0.046	0.118	0.007	0.013	0.052	0.052	0.052
Folate, DFE	µg	4	10	1	1	5	5	5
Vitamin B-12	µg	0.16	0.41	0.03	0.05	0.18	0.18	0.18
Vitamin A, RAE	µg	100	256	16	28	113	113	113
Vitamin A, IU	IU	1995	5107	319	566	2254	2254	2254
Vitamin E (alpha-tocopherol)	mg	0.24	0.61	0.04	0.07	0.27	0.27	0.27

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	2.3	5.9	0.4	0.7	2.6	2.6	2.6
Lipids								
Fatty acids, total saturated	g	0.828	2.120	0.132	0.235	0.936	0.936	0.936
Fatty acids, total monounsaturated	g	0.822	2.104	0.132	0.233	0.929	0.929	0.929
Fatty acids, total polyunsaturated	g	0.167	0.428	0.027	0.047	0.189	0.189	0.189
Cholesterol	mg	6	15	1	2	7	7	7
Other								
Caffeine	mg	0	0	0	0	0	0	0